



UCOOK

Salt & Vinegar Potatoes & Ostrich

with a fresh ribbon salad

Some flavour combinations will always stand the test of time, Chef, like salt & vinegar chips. With our homemade UCOOK version, you will be sprinkling this favourite flavour combo on smashed baby potatoes. These will share a plate with buttery, NOMU-spiced ostrich strips and a carrot ribbon salad.

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Hellen Mwanza

Simple & Save

Deetlefs Wine Estate | Deetlefs Stonecross Shiraz

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Ingredients & Prep

250g	Baby Potatoes <i>rinse</i>
30ml	White Wine Vinegar
20g	Green Leaves <i>rinse</i>
120g	Carrot <i>rinse, trim & peel into ribbons</i>
150g	Ostrich Strips
5ml	NOMU One For All Rub
20g	Danish-style Feta <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter

- 1. O BABY BABY (POTATOES)** Preheat the oven to 200°C. Place the baby potatoes in a pot of salted water. Bring to a boil and cook until easily pierced with a fork but still firm, 10-15 minutes. Drain and set aside.
- 2. SALT & VINEGAR SPUDS** Spread the parboiled potatoes on a lightly greased roasting tray. Using a fork, gently press down, splitting the skin, but keeping them in one piece. Drizzle over some oil and season. Roast in the hot oven until crispy, 15-20 minutes. Remove from the oven and toss through 5ml of salt, and the vinegar (to taste).
- 3. CARROT & GREENS** In a bowl, combine the rinsed leaves, carrot ribbons, a drizzle of olive oil, and seasoning.
- 4. BUTTER-BASTED OSTRICH** Place a pan over high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, fry the ostrich until browned, 30-60 seconds (shifting occasionally). In the final 1-2 minutes, baste with a knob of butter and the NOMU rub. Remove from the pan and season.
- 5. YUM FOR THE TUM** Plate up carrot salad, and scatter over the drained feta. Side with the salty potatoes and the ostrich.

Nutritional Information

Per 100g

Energy	410kJ
Energy	98kcal
Protein	6.9g
Carbs	9g
of which sugars	2g
Fibre	1.3g
Fat	3.2g
of which saturated	1.1g
Sodium	96mg

Allergens

Allium, Sulphites, Cow's Milk

Eat
Within
4 Days